

Living Well

April/May/June 2007
Volume 3, No. 2

A magazine published
by the Lincoln Area
Agency on Aging

DANCE ON 23

PICTURE PERFECT 34

WILLING TO SERVE

STORY ON PAGE 4



Living Well
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This issue of Living Well brings with it harbingers of significant change. Spring is here bringing us the renewal of trees, gardens and flowers. City elections in Lincoln will bring changes in Lincoln Mayor's office and City Council.

I want to take this opportunity to acknowledge and thank Mayor Coleen Seng for her 20 years of public service to Lincoln and for her support of the work of the Lincoln Area Agency on Aging. During her 16 years as a City Council representative and four years as Mayor, she has attended our events, spoken to our participants and served as an excellent role model for community service. We know that, as she leaves the Mayor's office, she will continue to provide service in the many areas in which she has interests. We are grateful.

The Lincoln Area Agency on Aging began in the City of Lincoln's Mayor's office in the early '70s. There were two staff members who were employees of the Mayor's office, hence the Agency name. LAAA was one of nine pilot projects across the country creating the template for the nationwide network of Area Agencies on Aging. We are proud to have been a leader in the beginning and that this agency is considered a leader in the field now.

Once again, there has been huge change. LAAA went from two employees in Lancaster County, to 170 employees in eight counties that offer services ranging from congregate meals to full case management, to health and wellness programs and social events that help mitigate the isolation that sometimes occurs as we grow older. We know that there are more than 50,000 persons in our eight counties over the age of 60 and that LAAA provides services and activities for nearly 40 percent of that population. This runs the gamut from persons who volunteer through RSVP and other programs, people who share a meal at an ActivAge Center, someone who has a volunteer help them complete their taxes or a care management client who receives services that enables them to stay in their homes.

I'm proud to work for and with an Agency with such high standards and talented people. Change is inevitable. As Garrison Keillor says, "Be well, do good work and keep in touch."



June Pederson
Director, Lincoln Area Agency on Aging



Living Well (ISSN 1556-9780, USPS 657-630) is published quarterly (January, April, July and October) by the Lincoln Area Agency on Aging and printed by News Link, 1845 S 11th Street, Lincoln, Neb. 68502. Last issue *Living Well* January 2007.

Periodical Postal Rates paid at Lincoln, NE. Issues printed: 27,500.

POSTMASTER-Lincoln Area Agency on Aging Address Changes to:

Living Well Magazine
 1005 O Street
 Lincoln, NE 68508-3628
 E-mail: livingwell@lincoln.ne.gov
 Fax: (402) 441-6524
 Phone: (402) 441-6146
 (collect calls accepted)
 Toll free: 1-800-247-0938 (NE only)

60+ Readership Level in LAAA's
 8 county area: 32,000+ (60% of 60+)
 Editor: June Pederson
 Support staff: News Link 475-6397

Living Well is a service of the Lincoln Area Agency on Aging (LAAA). The suggested contribution (tax-deductible) for the magazine is \$8. Contributions in any amount welcome! This magazine is for the 32,000 citizens, 60 years of age and older, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of LAAA. Contents may be reproduced with credit to the magazine.

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ON THE COVER From left: Ken Tharp, Kent Nobles, Deb Wood and Michael Mason believe tennis is a sport for people of any age.

AGES WILD

Watching Ken Tharp return the tennis ball with good force across the net to Kent Nobles during a match at Nebraska Tennis Center, his sweat-soaked shirt says it all — “Competition *Never* Gets Old.”

The competitors, both in their 60s, say tennis serves as a sport with great physical and mental benefits no matter what age a person is.

“It has been shown to be one of the best activities for people of all ages,” said Tharp, who coached tennis at Lincoln Christian High School and continues to offer lessons. “Everyone in our family — my wife, our children and their spouses, and grandchildren — plays tennis.”

Tharp and his wife, Bonnie, compete in tournaments throughout the country during singles and doubles events. Ken said his time competing in doubles events with his wife ranks as the most enjoyable thing on the tennis court for him.

Tharp picked up a tennis racket at age 12. And 56 years later, he still hasn't been able to — or wanted

to — put the racket down.

While his reasons for playing the sport have changed throughout the years, Ken loves the competition, physical activity and camaraderie that comes with playing.

“Playing tennis strengthens endurance but also the ligaments of weight-bearing joints,” Ken said. “I think it's the best overall activity to fight the aging process.”

Nobles agrees.

“Playing tennis puts a grin on my face,” he said. “Just ask my wife.”

Bill North, who boasts a tremendous tennis résumé, understands that sentiment. He plays with the Super Seniors team, a division for people 60 or older. North was a Nebraska state high school tennis champion, played No. 1 for the University of Nebraska tennis team and coached tennis at Lincoln East High School.

North and his Super Seniors team won the regional competition a number of times and advanced to national competitions.

North enjoys tennis for the physical activity and competition.

“In a relatively short period of time, you can get a good



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1010 Manor Drive West - Seward

1:00 - 2:00 pm

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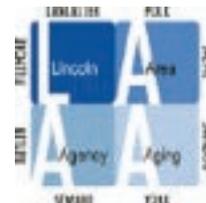
Southeast Community College
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\$10 registration fee includes a taco dinner buffet



Gary Barg a noted speaker, writer and publisher on caregiving issues since 1995. He is the founder and Editor in Chief of the first national magazine for caregivers, *Today's Caregiver*, and the original online caregiver community, caregiver.com.

PUBLIC SERVICE ANNOUNCEMENT

For details, registration or, assistance with respite arrangements call LAAA/Lifetime Health at:

441-7575



Ken Tharp

workout,” he said. “I hope to play tennis until I fall over.”

The physical activity serves as a reason many people pick up the sport even later in life.

Michael Mason, 51, always has been physically active. He lifts weights, runs and does other activities. But, it wasn't until early this year that he decided to pick up a tennis racket and learn to play.

“I figured I wasn’t old enough to play golf and I was too old to play soccer,” Mason said, with a smile. “I’m not a person who wants to sit around. Tennis adds another dimension to my fitness agenda.”

Mason was the first member of the fitness center at the Nebraska Tennis Center, which opened its doors December 2005. The Nebraska Tennis Center serves as the home of the Nebraska Cornhuskers tennis teams and features six indoor courts and 12 outdoor courts. The center has fitness trainers on staff.

Deb Wood, director of membership, offers Tennis 101 classes for people to learn about the sport at any age and any skill level. Wood, herself, learned the sport about three years ago and now considers herself blessed to “go to work where I play,” she said.

“If you have never picked up a racket or it has been 20 years or more, Tennis 101 is the course for you,” Wood said. “It’s nice that the tennis center is warm, well lighted and has a full fitness facility.”

Wood encourages older adults interested in learning tennis or visiting the Nebraska Tennis Center to contact her for a complimentary tour and morning court time. Wood can be reached, by calling (402) 464-1682.

From people just learning the sport for the first time to those who played years ago and are looking to return to the game and still to others who have played the sport for a number of years without a break, they all seem to agree “Competition Never Gets Old.”

“The game appealed to me as a kid and still appeals to me,” North said. ●

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Aim to ease

Variety of benefits draws seniors

Rickie Geitzenauer wanted to take yoga class to build her back. She has arthritis and Degenerative Disk Disease and thought yoga would make it feel better.

"It stretches my back and makes me feel good all over," she said after an Easing Into Yoga class at Lake Senior Center, 2400 S. 11th St. "It helps me concentrate on every bone in my body. I am thinking about parts of my body I never thought of before."

She was among a handful of others enjoying the benefits of yoga, including relaxation and enhanced balance, flexibility, strength and bone density.

"With Easing Into Yoga, we work to correct a lifetime of bad habits," said Terri Swanson, instructor. "We slowly move in and out of stretching poses and do standing poses to build bone and muscle strength in legs."

Swanson, who encourages students to modify techniques to their abilities, said the true meaning of yoga is to support one's life as it is at the moment.

"Yoga is different for people in their 20s to those who are middle aged, to older adults," she said.

Swanson has taught fitness classes for Lifetime Health, a program under the Lincoln Area Agency on Aging, since 1996.

The class meets Wednesdays, 9:30 to 10:30 a.m., in a quiet, lightly-dimmed room with soft music playing.

Participants breathe in and out, concentrating on one part of the body at a time, flexing and releasing each muscle. They stretch. They balance. They relax.

Learning breathing techniques in the class has helped Donna Busch.

"It helps me breathe properly and makes me feel better," she said. "I don't know how, but I just feel good and relaxed afterward."

Gloria Bell enjoys stress relief and relaxation.

"I get tense in my neck and shoulders," she said. "This class teaches me to have my shoulders down low and my head high. It makes me more aware of how to do physically do things."

Mary Lou Cotter said yoga makes her feel younger.

"I move around better and have better balance," she said. "I feel more alive, more energetic."

Emma Rudolph, 91, said yoga helps her to walk down the stairs with both feet rather than one foot at a time. "I like it. I can hear my bones cracking," she said with a laugh. "It helps my back and shoulders loosen up."

Lavonne Wittstruck hopes yoga will help lower her blood pressure and keep her Diabetes in check.

"I was not moving around enough," she said. "This class has helped loosen me up and is good exercise."

Joan Watts has done yoga several years.

"It keeps me limber," she said. "If I stop doing it I stiffen up. It makes a big difference in how I feel. It is amazing."

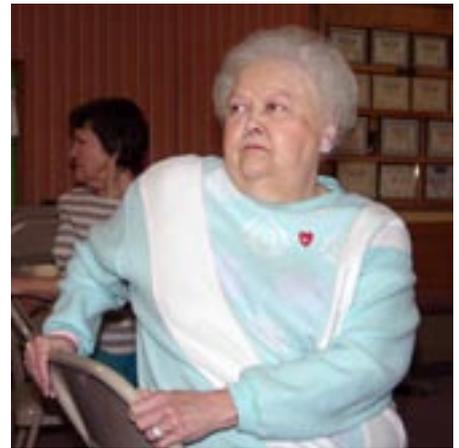
Kelle Brandt, manager of Lake Senior Center, said the center has had other exercise programs in the past, but not yoga until recently. She said she has had excellent feedback so far.

"Terri is a fantastic instructor," Brandt said. "She works well with people of all ages and is good at tailoring the class to each person's needs. She makes everybody come out feeling like a winner."

While the class meets once a week, Swanson encourages students to continue skills learned at home.

To sign up for Easing Into Yoga class, call Lifetime Health at 441-7575 or Kelle Brandt at the Lake Senior Center, 441-7157.

Cost is \$22 for an eight-week session.



Top: Donna Busch, foreground, says yoga helps her feel better. Middle: Gloria Bell participates in the Easing Into Yoga class at Lake Senior Center. Bottom: Mary Lou Cotter appreciates the health benefits of yoga.

Mark your calendars:

MULTI-COUNTY CALENDAR OF EVENTS

Seward County Aging Services

May 30 - Hosting Gary Barg for presentation on caregiving at the Seward Senior Center

Utica - Veronica Waegli is the new senior center manager

July 2 - Utica Potato Bake at the center

Polk County Senior Services

2nd Monday - Stromsburg has a potluck

April 18 - A county-wide ladies salad luncheon at Stromsburg

Volunteer's Week - Celebrated with coffee at all four centers

Senior Citizen Week - Celebrated in May.

Saunders County Senior Services

Ashland: Days and hours: M,W,F. 9 a.m. - 3 p.m.

- Every Friday - Foot Care
- April - Craft fair
- May 5 - Pancake feed
- June - Grade school children will visit.

Ashland looking for a piano. If any one has any information on where we can get one please contact Connie Weston at (402) 944-7627. Contact Connie for more information on time and dates for the activities.

Cedar Bluffs: Days & Hours: Monday, Wednesday, Friday 9 a.m. - 3 p.m.

- Wednesday and Fridays - Coffee bar from 9 a.m. to 10 a.m..
- Bingo every 4th Wednesday
- Blood pressure & Foot clinic once a month
- Special activities: April Easter Party.
- May - Celebrate May Day with May Baskets
- June - Annual Garage sale with Food stand

For more information on times and date Please contact Naomi Schere at (402) 628-8101.

Ceresco: Days & Hours: Monday and Wednesday 9 a.m. - 2 p.m.

- Third graders visit once a month
- Special programs in April include going to Mahoney State Park for Dinner and a Play
- May - Plan to visit Lauritzen Gardens in Omaha

For more information on times and dates please contact Pam Nebel at (402) 665-6711

Prague: Days and Hours: Tuesday & Thursday 9 a.m. - 3 p.m.

- April activities will include an Easter Party, Bingo, and the Quilt Club
- Fund-raiser during the Prague American Legion Annual Buffalo Barbecue
- April 28 - brownie sundaes will be available
- May activities will be bingo, and quilt Club
- June - Bingo, outdoor Barbecue and Quilt Club

For more information on times and other activities please call Betty Paess at (402) 663-4492.

Valparaiso: Days & Hours: Tuesday & Thursday 9 a.m. - 3 p.m.

- Tuesdays - Coffee & rolls at 7:30 a.m.
- Second Tuesday of the month - Bingo

- May 17 - Nurse will be doing a Foot clinic
- June 9 - Celebrating volunteers with a breakfast

There will be more programs scheduled in these months. For further information please contact Jean at (402) 784-2234.

Wahoo:

Senior Diner Hours and Days: Monday - Friday 7 a.m. - 3 p.m.

- April 6 - Easter Bonnet parade
- April 15-21 - April volunteer appreciation week
- April 18 - Wear your Pj's to work day
- April 23-27 - Karaoke week.
- May 10 - Commodities
- May 11 - Limerick Day
- May 14 - Apron Day honoring Mothers Day
- May 17 - Barbecue Day, we're having a picnic
- May 18 - Birthday Dinner Day
- May 28 - Memorial Day, closed.
- June 14 - Flag Day
- June 15 - Birthday Dinner Day
- June 18 - Tie and Suspenders Day honoring Fathers Day
- June 20 - Root beer float day
- June 21 - Summer begins

Saunders County Senior Coalition will be sponsoring a Health and Information Fair April 12 from 8 a.m. - 1 p.m. This will be located in Wahoo at the Civic Center which is connected to the Senior Center. Everyone is welcome.

Butler County Senior Services

- 1st Monday - Foot care is offered
- 4th Tuesday - "Moving On," support group for those who have lost a loved one; 10 a.m.
- 2nd Thursday - Bus Trip to Sloan, Leave David City at 7:45 a.m.
- 3rd Thursday - Beltone Hearing Aid Program, 10 a.m.
- 1st Friday - Accordion Jamboree, 10:30 a.m. - 2:30 p.m.
- 2nd Friday - "Potato Bake" 11:15 a.m. - 1 p.m.

Fillmore County Senior Services: A special "Roast Beef Dinner" fund-raiser will be held in February or March.

Call (402) 759-4921 for details.

- 1st and 3rd Thursdays - Pedicures are offered at the Geneva Center
- "Bean Bag Toss" Tournaments are held twice a year. Practice your "toss!"

Saline Eldercare:

- 1st Tuesday - Commodity Distribution in Dorchester from 9:30 a.m. to 4 p.m. Grocery Delivery offered in Crete, DeWitt, Dorchester, Friend, Western and Wilber. Call (402) 821-3330 or (800) 778-3309 for more information.

Seward County:

- 4th Thursday - "Potato Bake" at the LIED Senior Center, 11 a.m. - 1 p.m.
- Feb. 4 - "10th Anniversary Celebration" at the LIED Senior Center. Open House from 2 p.m. to 4 p.m. "February Soup Luncheon" fund-raiser at the Milford Center. Call (402) 761-3367 for details.
- March 3 - Seward County Aging Services Board will have a "Food Booth" located at the Fairground's Agricultural Pavilion during the Seward Home Show.
- March 11 - "Potato Bake" at the Utica Center, 11 a.m. to 1 p.m.

Want to receive Living Well via e-mail?

If you would like to receive Living Well by e-mail instead of in the mail, please call Deb Baines of Lincoln Area Agency on Aging at (402) 441-6146 or e-mail dbaines@lincoln.ne.gov

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Classes:

Wednesday, April 11
Tuesday, April 17

Monday, April 23
Thursday, April 26

Friday, May 4
Monday, May 14

Please Join me at Old Country Buffet (22 & O, Lincoln) all classes start at 9:30 a.m. FREE LUNCH served at 11:00 a.m. No RSVP needed.



Jim Schueth

Helping seniors and the disabled understand their rights under Medicare is important.

Everyone with Medicare Parts A & B should learn they have a second option to receive Medicare health benefits. Medicare Advantage plans (Medicare Part C) are available now. There are already 7.5 million seniors and disabled enrolled; an estimated 12.8 million will be enrolled by 2009.

These plans eliminate the need for seniors and the disabled to carry supplemental insurance, and help those who can't afford expensive supplemental insurance.

Jim Schueth has a series of upcoming classes (see dates, times and location in ad) to help you understand the Medicare Advantage programs as well as the Prescription Drug programs.

No RSVP is necessary to attend any of the classes. "My emphasis is on educating my clients," said Jim, who is licensed with most companies. "My role is to provide them with information that will help them make an informed decision. I keep it simple. I don't even take names or phone numbers."

In fact, Jim suggests attending two classes - one to digest the information and study it, and a second to return and sign up. For a personal appointment, call **Jim Schueth at 432-4174.**



Lincoln Area Agency on Aging

MISSION

The Lincoln Area Agency on Aging is the principal agency which plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

PUBLIC INFORMATION

Living Well Magazine L 441-6156

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes.

LIVE AND LEARN

A monthly TV show for and about older adults on 5-CITY TV, Channel 5 and video-on-demand on lincoln.ne.gov web site.

FIRST SERVICE

Information and Referral

LIFE provides help for individual older persons and their caregivers to resolve questions, and concerns, occurring with aging. Services include referrals, counseling, social work and care management. First Service is the starting point in determining alternatives, and arranging services for individuals and their families in the LAAA eight-county service area. Call (402) 441-7070 or (800) 247-0938.

SENIORS FOUNDATION

A charitable foundation focusing on enhancing and enriching the quality of life and independence of all older adults in Lincoln and Lancaster County, (402) 441-6179. www.seniorsfoundation.org

ACTIVAGE CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag, and shelf stable meals for at home. Transportation to the Centers is available for a fee. Seven centers in Lincoln and five in Lancaster County, L 441-7158

ACTIVITIES & CLASSES

• Health

Physical activity and exercise classes to improve health and fitness. L 441-7575

• Travelogue

Travel films by professional photographers. L 441-7158

• Tickets, tours and events

Opportunities to enjoy cultural and educational events. L 441-7158

CAREGIVING

(402) 441-7070 or (800) 247-0938

• ElderCare Connection

Caregivers receive information, support and assistance. www.eldercare.gov

• Caregiver Support Groups

Discuss issues and problems of caregiving with other caregivers.

• Senior Companion Program

Homebound older adults receive companionship 441-7026.

• TELECARE

Daily reassurance phone call to older adults. L 4417849

• Caregiver Support Services

Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. (402) 441-7575

LONG TERM CARE OPTIONS/ CARE MANAGEMENT

(402) 441-7070 or (800) 247-0938

• Care Management Services

• LifeLine Emergency Response System

24-hour emergency access by pressing a button.

• Long-Term Care Ombudsman

Protects the rights of residents in long-term care facilities.

• Resident Services

Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor and Crossroads House in Lincoln and in Geneva. Fillmore & Lancaster only.

• Senior Care Options

Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.

• Supportive Services Program

Eligible older persons can receive assistance with the cost of in-home services and adult day care.

• Medicaid Waiver Services

State funded in-home services for those who are Medicaid eligible who choose to live at home or use community-based services.

• Harvest Project

Mental health and substance abuse services. L 441-7070

EMPLOYMENT

(402) 441-7064 or (800) 247-0938

• OperationABLE

Job searching for persons 50+. Works with employers who have job listings.

FINANCIAL

(402) 441-7070 or (800) 247-0938

• Financial Counseling

Information on Medicare, private insurance policies, reverse mortgages and home equity loans. L

Agency on Aging Services

- **Medicare & Medicaid Fraud**
SMP seeks to reduce waste and fraud in the Medicare & Medicaid Program.
- **SHIIP**
Senior Health Insurance Information Program
Information concerning Medicare and Medicaid

HEALTH & FITNESS

(402) 441-7575

- **Lifetime Health Program**
Health assessments, physical activity and exercise classes.
A variety health educational presentations. Exercise classes, Forever Strong, Exercise for a Lifetime, Yoga and Pilates on 5-City TV daily. L
- **Forever Strong Health Club**
Fitness equipment and consultations with certified personal trainers. L
- **Senior Health Promotion Center**
The University of Nebraska - Medical Center and LAAA provide Health screenings. L 441-6687
- **Alzheimer's Disease**
The LIFE office provides information and referral.
(402) 441-7070 or (800) 247-0938
lincoln.ne.gov keyword: aging
- **Widowed Person Service**
Support for people who are widowed. L 441-7026
- **Fit to Care**
Tips from a registered nurse, dietician and certified personal trainer to help decrease the effects of chronic tension often associated with caregiving. Free service.
- **Health Education Programs**
A variety of topics assisting individuals make healthy lifestyle choices.
- **Health Screenings**
Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise**
At several location: Pilates, Yoga, Stretch and Tone classes.
Daily fitness programs on 5-CITY TV, Channel 5.L

HOUSING & HOME REPAIRS

- **Home Handyman Service**
Handyman services from mowing to leaky faucets to painting to broken light fixtures. L 441-7030
- **Assisted Living and Nursing Facilities**
Listings are available from the LIFE office.
(402) 441-7070, (800) 247-0938, lincoln.ne.gov keyword: aging.

NUTRITION

(402) 441-7158

- **Nutrition Consultation**
Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers.
- **Meals**
Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some Centers.

TRANSPORTATION

- **Transportation to the ActivAge Centers**
L 441-7158
- **Lancaster County Rural Transit**
Fixed schedule transportation from rural Lancaster communities into Lincoln. L 441-7031
- **Other options in the community**
Listings available at 441-7070, lincoln.ne.gov.com keyword: aging.

VOLUNTEERING

- **RSVP / Retired & Senior Volunteer Program**
Volunteer experiences for those ages 55+.
Coordinates between community needs and the talents of the volunteers. L 441-7026
- **Foster Grandparent Program** 441-7026
- **Guardian and Conservatorship** 441-7070
- **Long-Term Care Ombudsman** 441-7070
- **Senior Companion Program** 441-6105
- **SHIIP** 441-7070
- **TELECARE** 441-6571
- **Widowed Persons Service** 441-7026

MULTI-COUNTY PROGRAMS

- Butler County Senior Services (402) 367-6131
- Fillmore County Senior Services (402) 759-4921
- Polk County Senior Services (402) 764-8227
- Saline Eldercare (402) 821-3330
- Saunders County Senior Services (402) 443-4896
- Seward County Aging Services (402) 761-3593
- York County Aging Services (402) 362-7626

LINCOLN AREA AGENCY ON AGING
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KEY FOR SERVICES: L = Lancaster only



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Jean Baumeister, MS, CCC-A
Clinical/Vestibular Audiologist

Donna Taylor, MA, CCC-A
Clinical/Vestibular Audiologist

Wanda Welch, MS, CCC-A
Clinical/Vestibular Audiologist

Smokers and Ex-Smokers

Do You Have COPD?

If you are a long time smoker, have Chronic Obstructive Pulmonary Disease, (COPD), and are age 40 or older, you may be eligible to participate in a clinical research study to determine the safety and effectiveness of an investigational medication for COPD. Qualified participants will receive:

- Study medication
- Study-related medical exams
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For more information or to see if you qualify, call:

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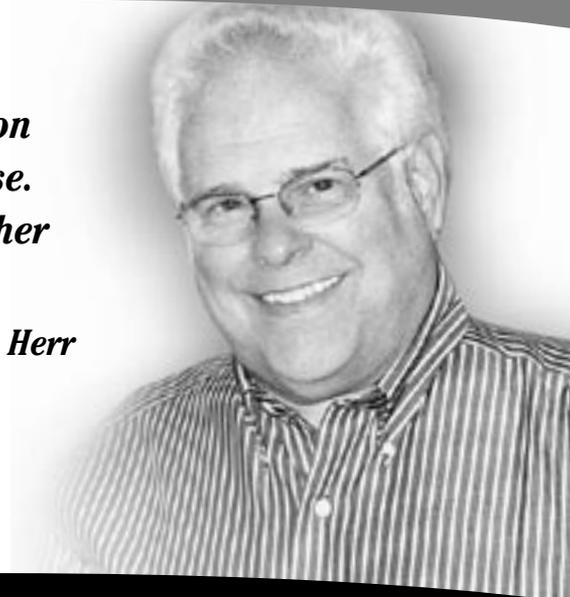
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"My mother's need at this point in her life is to be lovingly cared for. She enjoys the time and attention she receives from the staff at The Independence House. I appreciate knowing that she is safe and having her needs met when I cannot be there."

-Gary Herr

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The Independence House

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www.TheIndependenceHouse.com

Annual Festival approaching

The Lincoln Area Agency on Aging's LifeLong Living Festival is June 16 at the Abbott Sports Complex, 7600 N. 70th St., from 8:30 a.m. to 3 p.m. As the area's largest and longest running information and product show designed for older adults and their families, it enhances the idea of "Living Well, Starting NOW!" There are expected to be more than 100 booths from businesses and organizations arranged in an indoor setting.

Features of the Festival will include, the Technology Center spotlighting the technology that helps people improve their leisure, health and financial lives. An expanded Health and Wellness Center sponsored by Platinum Sponsor, The Lincoln Neighborhood Pharmacy, includes a full lipid panel cholesterol check and other health screenings. To take part in the full lipid panel cholesterol check, a person must fast for 12 hours prior to the event.

Entertainment on the stage in the morning will be the AVI8ORS, who feature music from the greatest generation. AVI8ORS shows will be at 9 a.m. and 11 a.m. Joe "Mr. Memories" Taylor also will be performing in the morning, while the afternoon shows will feature music from the "Class of 50 Something." The entertainment stage is sponsored by Gold Sponsor, HUMANA®.

This event is free for attendees and is even accessible if transportation is a problem. StarTRAN will provide continuous shuttle service to and from LAAA's LifeLong LIVING Festival from Lenscrafters (west side of the mall) at Westfield Gateway



All-day entertainment will be sponsored by Gold Sponsor, HUMANA®.

Mall to the front door of Abbott Sports Complex from 8:00am to 4:00pm. This shuttle service is FREE and open to the public. Also on June 16, older adults will also be able to ride any StarTRAN bus for FREE by presenting their StarTRAN "Get on Board" wristband, Medicare card, or Senior Saver Photo ID to the driver. Some ActivAge centers will be running shuttles to the festival. Check with your neighborhood Center for details. If you drive, there is a parking lot shuttle offered by LAAA to get you right to the front door!

For more information about the festival, call 441-7158 or check out the Web site at lincoln.ne.gov, type in key word: Aging, and click on the Festival icon. If a business or organization is interested in having an exhibit, call Bob Esquivel at 441-6102.

"Living Well, Starting NOW!"

Lincoln Area Agency on Aging
LifeLong
LIVING
FESTIVAL



at the
Abbott Sports
Complex
8:30 am - 3:00 pm

Public Service Announcement

Health & Wellness Center
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3 PERSON
59" W x 40" D x 73" H; 450 LBS
6 FAR-INFRARED U-TYPE HEATERS
120 Volts 1990 Watts 16.5 Amps

IT IS ABOUT OUR COMMUNITY



The Front Porch Journal



Health and Fitness



Social Transportation



OF
LINCOLN & LANCASTER COUNTY

Our thanks go out to the many people who contribute their time and money to help support programs and services for older adults.

We invite you to learn more about the Seniors Foundation and how you can help!

The Seniors Foundation is seeking volunteers to help with a pilot social transportation program. Learn more by calling the Seniors Foundation office or visiting the foundation website.

402- 441-6179
www.seniorsfoundation.org



Assisted Living...

Caring for Mom as She Cared for You

As Mom ages and has difficulty managing on her own, you may begin to worry: Is she taking her medications? Is she eating well and exercising? What if she had an emergency and couldn't reach the phone?

We can help. With 24-hour certified staffing, a menu of healthy and savory foods, and a variety of activities, you can feel secure knowing that Mom has what she needs.

Mom will gain the independence she wants with the assistance she needs. You will gain peace of mind. Your family will gain a more relaxed you.

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NOSTALGIC MAGIC

Remember going to your favorite restaurant in Lincoln, which may no longer exist? Remember how you celebrated Fourth of July in Lincoln?

If you have memories to share about Lincoln, submit your stories for possible publication in a book currently being compiled. The book, "Life in Lincoln ... As We Remember It", serves as a follow-up to Mary Jane Nielsen's, "A Street Named 'O'".

Nielsen said working on "A Street Named 'O'" was rewarding to hear all the wonderful stories. This book highlighted people's stories and photos about the world's longest straight main street and served as nostalgic reading for Lincolmites.

"It was a huge success," Nielsen said.

There were 2,000 books sold within a 10-day period and many more have been sold since, she said. At one point, books couldn't even make it out of the box and onto the shelves at the bookstore before they were being purchased, Nielsen said.

"Once this book came out, people were already asking me when's your next one," Nielsen said. "The success of that book was beyond what I ever imagined."

"A Street Named 'O'" still can be purchased online at leebooksellers.com or by going to Lee Booksellers at Lincoln's Edgewood Center, 5500 S. 56th St., Suite 4. Nielsen said people can also come to her office at 121 S. 13th St., Suite 600, to purchase a copy.

Now, turning the page to her next book, "Life in Lincoln

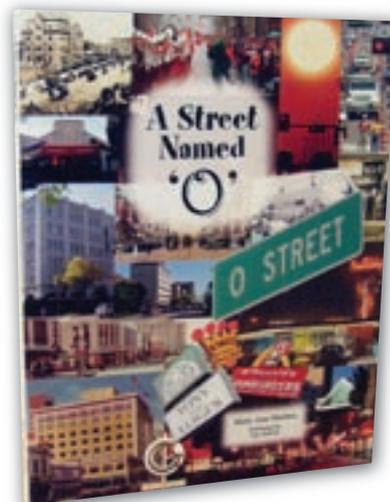
... As We Remember It", she hopes to recapture some of that same nostalgic magic.

"I have my own memories about Lincoln that are near and dear to me," said Nielsen, life-long resident of the Nebraska state capital city. "But I really like to talk to others and hear about their memories. I want to capture memories of what life has been like in Lincoln from people of all ages."

Nielsen knows that almost everyone has a memory about the city. She said if a story or memory is interesting to one person, it would be interesting to others and should be shared.

With a number of submissions already in hand for "Life in Lincoln ... As We Remember It", Nielsen said she would like submissions by June 30, if not before. Submissions can be sent now.

Submissions can be sent to: mjn@necosecurity.com.
Mary Jane Nielsen
121 S. 13th St., Suite 600,
Lincoln, NE 68508
or faxed to (402) 474-0437.



Preventing Injury in Nebraska

The leading cause of unintentional injury deaths among older Nebraskans is motor vehicle crashes. The death rate for drivers in the more than 70 age group is approximately nine times higher than the rate for drivers age 15 to 69.

Falls are the second leading cause of injury deaths among people age 65 years and older. Falls are also the most common cause of injuries and hospital admissions due to trauma for older adults. Most fractures experienced by people in this age group are the result of falls.

Older adults, age 65 or more, are twice as likely to die in fires than any other age group. The death rate for those 85 and older is four times the national average. Older people are also at higher risk of injury from fires.

Factors that may contribute to injuries and injury related fatalities in older Nebraskans include:

- Lack of education/understanding of the effects of medications.
- Lack of health care: especially access to care in rural areas
- Many older adults are on fixed income. This may result in limited resources for proper medications, needed home repairs, purchase of adaptive devices or other things that may help prevent injuries.
- The normal process of aging can affect driving skills. Motor skills and mental processes begin to slow and vision and hearing can deteriorate. These factors can put older adults at a greater risk for injury in motor vehicle crashes.
- Older adults are also at higher risk of death from fires because they are generally more vulnerable to smoke inhalation and burns and less likely to recover.
- Injury is a serious public health problem because of its impact on the health of Nebraskans including premature death, disability, and the burden on our health care system. The Nebraska Health and Human Services System has formed a committee to develop a strategic implementation plan for a statewide injury prevention program targeting older adults. Peggy Apthorpe, Lifetime Health Program Coordinator, represents the Lincoln Area Agency on Aging. The State Fire Marshall's office and Four Corners Public Health Department are among others involved with the group.

The committee has discussed several ways to reduce injury-related impairment and death and is developing and implementing a plan. Some of the approaches being discussed are:

1. Encourage environmental assessments in homes, assisted living facilities, and independent living facilities to identify potential fall hazards.
2. Encourage community environmental assessments to identify potential injury hazards.
3. Promote physical activities that improve strength, balance and coordination leading to reduced falls among older adults.
4. Encourage medication management through education and medication safety checks.
5. Conduct public awareness campaigns addressing the preventability of older adult injuries.



Life is good.

Let's keep it that way.

You've put a lot of effort into achieving your current lifestyle and all it includes – your home and family, your possessions, your activities.

Have you ever thought about how quickly it could all change? A single unforeseen event, such as a serious accident or major illness, can mean losing everything you value.

It just makes sense to put some time and thought into protecting yourself and your family. Humana MarketPOINT can help, with professional advice and a wide range of insurance products to meet your particular needs through all the stages of your life:

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- Life insurance
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- Medicare supplement insurance
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Don't risk your lifestyle and your family's future. Be sure you have the protection you need, for yourself and for those who depend on you.

Let's talk. Call today for more information or a private consultation:

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ASSISTANCE EVENTS

INCOME TAX ASSISTANCE AT THE LAAA ACTIVAGE CENTERS

Appointments for free assistance will be available through mid April at various LAAA ActivAge Centers. Please bring your photo ID, Social Security card, wage and earnings statements (W2s), interest and dividend statements (Form 1099), a copy of last year's return, and any other information about your income and expenses. The tax filing deadline is April 17, 2007. Call your closest Center or 441-7158 for more information. See www.irs.gov for tax information and to check on your refund status.

- Downtown, 1005 "O" - M,T,W,Th: 10am-3pm call 441-7506 for appointment
- Lake Street, 2400 S. 11th - Th: 10am-12noon walk-ins or call 441-7157 for information
- Northeast, 6310 Platte - T,Th: 10am-3pm call 441-7151 for appointment

COMPUTER ASSISTANCE

Got a question or two about using the computer? Need help sending an e-mail to a friend? Make an appointment to see Catherine, who is available from 10am-2pm on Tuesdays, at the public access computers on second floor, Downtown ActivAge Center, 1005 "O" Street. Schedule your one-hour appointment by calling 402-441-7506. Free!

CAREGIVERS' RESOURCE FAIR

Thursday, April 12, 6-8:30pm, at the Southeast Community College Continuing Education Center, 301 South 68th Street Place. For more information, call the LAAA Life office at 402-441-7070.

LAAA's LifeLong LIVING FESTIVAL: "Living Well, Starting Now!"

At the LAAA LifeLong LIVING Festival on Saturday, June 16, look for products, services, information, health assessments, and entertainment. The event is from 8:30am-3pm at the Abbott Sports Complex, 7600 North 70th Street. Admission is free. Plenty of free parking with shuttle rides from the parking lots to the front door. Call 402-441-7158 for more information.

WIDOWED PERSONS SERVICE (WPS) MEETINGS

WPS is a program sponsored by the Lincoln Area Agency on Aging with support from AARP. The program is concerned about the newly widowed in our community and offers various groups for widowed men and widowed women. Those in WPS have experienced widowhood and know how difficult this period can be and want to let you know there is help available, should you need it. No fees. If you would like to visit with a trained volunteer or receive more information, please call 402-441-7028. You are invited to attend these get-togethers:

- **Friendship Group** meets every Sunday from 2-3:30pm. Open to widowed people of all ages. Call 441-7028 for the current location.
- **Widower's Breakfast** meets every Thursday at 8am at Stauffer's Café, 5602 South 48th Street.
- **Widow's Breakfast** meets the 3rd Thursday of each month at 9am at T & R's Garden Restaurant, 5250 Cornhusker Highway.
- **Widow's Luncheon** meets the first Thursday of each month at 11:30am, visiting a different restaurant monthly. Call 441-7028 for the current location.

- **Just Pals**, a social group for widowed persons, meets once monthly on a Saturday night, visiting a different restaurant monthly. Call 441-7028 for the current location.

- **"Charlie Brown's Kids,"** a group for children who have lost a parent through death, meets the first and third Thursday of each month from 6-8pm at Sheridan Lutheran Church, 6955 Old Cheney Road. Bring a brown bag supper. Also sponsor "Parents Night Out" one evening each month. Call 483-1845 for information.

EDUCATION EVENTS

BEING A FEARLESS CAREGIVER

A special event for caregivers and people who may be caregivers and want to learn more about it! Gary Barg, recognized expert in caregiving, founder and Editor in Chief of Today's Caregiver, and author of The Fearless Caregiver book, will be coming to Lincoln on May 30 for National Senior Health & Fitness Day. Gary will help the audience learn to become advocates or fearless caregivers for their loved ones and for themselves. The session includes exercises designed to help caregivers realize the important role they play in their loved ones care, get help from family members, and understand the value of respite and adult day care. Gary strives for a solid amount of audience interaction with a good bit of humor thrown in for good measure. After his address, he will facilitate a panel of local experts including Julie Masters, UNO Gerontology; Houston Doane, LAAA Life office; and John Frey, attorney. May 30, 6-8:30pm at the Southeast Community College Continuing Education Center, 301 South 68th Street Place. Price is \$10 and includes a taco bar buffet. LAAA's Lifetime Health Program, Southeast Community College, Saint Elizabeth Regional Medical Center, and the Landing at Williamsburg Village are planning the event. See www.caregiver.com for more information on this topic. Call LAAA's Lifetime Health program at 402-441-7575 for registration and information on the Lincoln event.

A similar workshop, "Being a Fearless Caregiver Workshop" with Mr. Barg will be held on Wednesday, May 30, 1-2pm, at the Lied Senior Center, 1010 Manor Drive West, in Seward. Call 402-761-3367 about this free Seward County Aging Services event.

HEALTH PROMOTION EVENTS

SENIOR HEALTH PROMOTION CENTER

The UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging's Lifetime Health program, perform health and dental screenings at the Downtown ActivAge Center, 1005 "O" Street. No appointments needed for most services, walk-ins are encouraged. Dental screenings do require an appointment; please call 402-441-6687. The Clinic is open from 9:30am-2:30pm, on almost every Tuesday and almost every Thursday during the school year. Check with your closest LAAA ActivAge Center for transportation to the Clinic. The schedule includes:

STRETCH AND TONE

An easy and relaxing way to improve your flexibility and muscle tone. Most exercises are done sitting or standing near a chair. A great class for the beginning exerciser or person who hasn't been exercising for a while. Classes are Tuesdays and Thursdays, 9:30-10:15am, North Gate Estates, 2425 Folkways Boulevard. Instructor is Barb Krenk. Can join at any time. Price is \$28 per session.

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- **April:** 3, 5, 10, 12, 17, 19, 24, 26 (final class)
- **May:** 1 (first class), 3, 8, 10, 15, 17, 22, 24, 29, 31
- **June:** 5, 7, 12, 14, 19, 21 (final class)

GENTLE PILATES MAT CLASS

This slower-paced class utilizes the principles of STOTT Pilates to enhance stabilization of the core body and major muscle groups. Class meets Thursdays, 9:30-10:30am, Auld Recreation Center, 3140 Sumner Street (off of Memorial Drive in Antelope Park). Instructor is Wendy Anderson. Can join at any time. Price is \$22 per session.

- **April:** 5, 12, 19, 26 (final class)
- **May:** 3 (first class), 10, 17, 24, 31
- **June:** 7, 14, 21 (final class)

YOGA REFRESH AND RENEW

This beginner/intermediate level class is a gentle and relaxing way to improve balance, enhance overall flexibility, gain strength and refresh your mind. Classes are Thursdays, 10-11:30am, at the Belmont Recreation Center, 1234 Judson. Instructor is Daya Nelson. Can join at any time. Price is \$45 per session.

- **April:** 5, 12, 19, 26 (final class)
- **May:** 3 (first class), 10, 17, 24, 31
- **June:** 7, 14, 21 (final class)

EASING INTO YOGA

Class is designed to introduce the practice of yoga. Most work will be chair based. Instructor is Terri Swanson. Can join at any time. Price is \$22 per session. (\$19.50 for the 7-week sessions beginning in March and May at Auld.)

Tuesdays, 9:30-10:30am, at Auld Recreation Center, 3140 Sumner (off of Memorial Drive in Antelope Park):

- **April:** 10, 17, 24 (final class)
- **May:** 8 (first class), 15, 22, 29
- **June:** 5, 12, 19 (final class)

Wednesdays, 9:30-10:30am, at LAAA Lake Street ActivAge Center, 2400 South 11th Street:

- **April:** 4, 11, 18, 25 (final class)
- **May:** 2 (first class), 9, 16, 23, 30
- **June:** 6, 13, 20 (final class)

FITNESS 101

This drop-in class is designed for the person new to exercise or the person who has not exercised regularly for some time. Stretch & tone and breathing & relaxation exercises will be done in or near a chair. This is an on-going class. The class at LAAA Calvert ActivAge Center, 4500 Stockwell, meets Mondays, 10:30-11:15am and Wednesdays, 12:30-1:15pm. The class at the LAAA Northeast ActivAge Center, 6310 Platte Avenue, meets Tuesdays, 9:45-10:30am. Free.

FOREVER STRONG HEALTH CLUB

Open weekdays, 8am-4pm, and Saturdays (except holidays), 9am-12noon. Located at the LAAA Downtown ActivAge Center, 1005 "O" Street. Free for those 60 and better.

CERTIFIED PERSONAL TRAINERS

Trainers are available Tuesdays, 1-3pm and Thursdays, 9-11am and 1-3pm. Located in the LAAA Forever Strong Health Club, at the LAAA Downtown ActivAge Center, 1005 "O" Street.

ACTIVAGE CENTERS

Stop by the LAAA ActivAge Centers for fun, social, recreational, health, or educational programs. Call the Center listed for more information and reservations. Meal reservations must be made at least two days in advance. Suggested contribution for meals. For general information about Centers, call 402-441-7158.

For more information about each Center, their activity/event calendar for the current month, and the noon meal menu for the current month, go to the City of Lincoln website at www.lincoln.ne.gov, keyword: aging, choose "ActivAge Centers" from the sidebar on the left, click on the Center(s) in Lincoln or Lancaster County you wish to view. The activity and meal calendars are updated at the beginning of each month; you will need Adobe Acrobat Reader to view.

- **Monday-Friday**, 8:30am-2:45pm; Walking available, Calvert, 441-8483.
- **Monday-Friday**, 10am, Cards: Skipbo; Belmont, 441-7990.
- **Tuesdays**, 9am, Cards: Pinochle; 9:30-11:30am, Art Group; 12:30pm, Cards: Bridge; Calvert, 441-8483.
- **Wednesdays**, 10am, Cards: Pitch and Skipbo; 11am-12noon, Writers Group; Calvert, 441-8483.
- **Wednesdays**, 12:30pm, Cards: Pitch and Bridge; Northeast, 441-7151.
- **Second Wednesday**, 9am, Cribbage Tournament (\$1); Downtown, 441-7506.
- **Thursdays**, 9:30-11:30am, Book Club; Calvert, 441-8483.
- **Fridays**, 9:30am, Cards: Pitch and Skipbo; 10:30am, Bingo; Calvert, 441-8483.
- **Fridays**, 10:30am, Bingo; 12:30pm, Cards: Pitch and Bridge Northeast, 441-7151..
- **Fridays**, 11:30am, Bingo; Belmont, 441-7990.
- **Third Saturday**, 9am, Pool Tournament (\$1); Downtown, 441-7506.
- **April 4**, Health Talk: Preventative Back Care, Bryan Nursing students; Calvert, 441-8483. April 5, Belmont, 441-7990
- **April 11**, Entertainment: Countrified; Northeast, 441-7151.
- **April 12**, April Birthday Party for Calvert; Calvert, 441-8483.
- **April 12**, 6:30pm, Annette Murrell, vocalist and band; cost tba, Maxey, 441-7849 or Malone Community Center, 474-1110. This is a fund-raiser for the Maxey ActivAge Center. Advance reservations requested.
- **April 17**, Entertainment: Hit n' Miss, music of the 20's, 30's, 40's, and 50's; Northeast, 441-7151.
- **April 19**, Health Talk: Parkinson's Disease, Bryan Nursing students; Belmont, 441-7990.
- **April 19**, F.R.A.U.D. Bingo; Northeast, 441-7151.
- **April 20**, Health Talk: Gout, Bryan Nursing students; Calvert, 441-8483.
- **April 23**, Domestic-Pups Service Dogs, starring 'Jake'; Northeast, 441-7151.
- **April 25**, Health Talk: Antioxidants, UNL Nutrition students; Lake Street, 441-7157.
- **April 25**, Entertainment: Northeast High School Swing Choir; Northeast, 441-7151.
- **April 27**, Health Talk: Food Safety, UNL Nutrition students; Belmont, 441-7990.
- **May 3**, All Center Picnic at Antelope Park, call your closest Center or 441-7158 for more information.
- **May 4**, Road Trip: Kansas City; Maxey, 441-7849.

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- **May 5**, Cinco De Mayo celebration; Hispanic, 441-7506 or 441-7154 for meal reservation.
- **May 10**, May Birthday Party for Calvert, with musical guests, The Clefs; Calvert, 441-8483.
- **May 18**, Health Talk: Fad Diets, UNL Nutrition students; Belmont, 441-7990.
- **June 6**, Health Talk: Trans Fat, UNL Nutrition students; Lake Street, 441-7157.
- **June 14**, June Birthday Party for Calvert; Calvert, 441-8483.
- **June 23**, 20th Anniversary Celebration for the Northeast ActivAge Center; Northeast, 441-7151.

ROAD TRIP WITH THE ACTIVAGE CENTERS

Travel about town or out of town! Explore in our town, our state, and beyond! Call the LAAA ActivAge Center listed for more information and reservations. Most trips have an associated price.

- **May 4**, Kansas City Road Trip, includes Negro Leagues Baseball Museum, American Jazz Museum, lunch at Arthur Bryant's for authentic KC barbecue; departs from Malone Community Center at 2032 "U" Street; price is \$30 (does not include meal); call Maxey, 441-7849.

DINNER & A SHOW SERIES 2007

The excitement continues with evenings of fabulous food and fantastic entertainment at the LAAA ActivAge Centers, Cotner Center Condominiums (1540 North Cotner: North 66th at Cotner and Holdrege), or other locations. The LAAA ActivAge Centers are co-sponsoring this series with Cotner Center Condominiums and Seniors Foundation. Reservations (and cancellations) must be made by 10am on the Tuesday before that week's event by calling 402-441-7158. The meal is served at 5:30pm, with entertainment following. Price is \$6 for people over 55; and \$7 for people under 55. Van is an additional \$1 fee. Make payment(s) prior to the event(s). Pre-payment is requested. Checks are payable to "Lincoln Area Agency on Aging" with a notation in the memo of "Dinner & a Show." Payments are sent to:

Lincoln Area Agency on Aging
ATTN: Dinner & a Show
1005 "O" Street
Lincoln, NE 68508-3628

"Pay at the door; 2 dollars more!" If you must pay at the door for the meal and entertainment package, prices are: \$8 for people over 55 or \$9 for people under 55.

Show only is \$3.

- **April 5** - "A Star is Born;" you may have "Left Your Heart in San Francisco," but a "Star is Born" in Lincoln when you sing along with your favorite karaoke tunes!, at the Cotner Center Condominiums
- **May 17** - "The Broadway Bill Show;" the up-tempo music of Frank Sinatra, Dean Martin, and Tony Bennet, at the Cotner Center Condominiums
- **June 14** - Anne Bremer, picnic meal at Holmes Lake Park.

LEISURE EVENTS

ACTIVAGE TRAVELOGUE FILM SERIES 2006/2007

Mountains, landmarks, history, and culture. All this and popcorn too! See the world from your theatre seat! Professionally produced travel films with live narration by the film makers. "Get Up & Go Certificates" will be given as door prizes courtesy of the co-sponsor, Executive Travel! Shows are

Tuesdays, 2 & 8 pm, and Wednesdays, 2 & 6 pm; at Edgewood Theatre near 56th & Highway 2. Tickets are available at door: \$6 for those 55+ or \$7 for those under 55. Or call LAAA ActivAge Programs & Events at 402-441-7158 about group rates.

- **April 10-11** - "Prague to Paris," presented by Clint Denn

REDUCED PRICE TICKETS for older adults

Call ActivAge Programs & Events at 402-441-7158 for reservations or information.

Lied Center for Performing Arts 17th Season

Checks payable to "UNL," also Visa & MC; usually section 2.

- **April 6**, 7:30pm, John Pizzarelli, \$14+2*=\$16 for older adults (compare to usual prices of \$38+2, \$28+2, & \$24+2)
- **April 17**, 7:30pm, Omaha Symphony Orchestra, \$18.50+2*=\$20.50 for older adults (compare to usual prices of \$45+2, \$37+2, & \$32+2)
- **April 21**, 2pm, Elton John and Tim Rice's "AIDA," musical love story, group price in section 2, \$38.70+.50*=\$39.20 (with 20 people of ANY age) (compare to usual prices of \$48+2, \$43+2, & \$38+2)
- **April 28**, 7:30pm, Shen Wei Dance, \$15.50+2*=\$17.50 for older adults (compare to usual prices of 36+2, \$31+2, & \$26+2)

Lincoln Community Playhouse 61st Season

Prefer to have a total group of at least 10 to offer these prices, checks payable to "LCP," also credit cards (need zip code for billing address of the credit card used).

- **April 8**, 2pm, "Enchanted April," \$10
- **April 14**, 7:30pm, "Enchanted April," \$10
- **May 6**, 2pm, "James and the Giant Peach," \$5
- **June 7**, 7:30pm, "Soda Pop," musical presented by The Crooked Codpiece Company, \$8
- **June 24**, 2pm, "The Wiz," musical, \$15
- **June 30**, 7:30pm, "The Wiz," musical, \$15

Lincoln's Symphony Orchestra 80th Season

Tickets are usually \$35, reduced price tickets for older adults will be \$20; BRING THE GRANDKIDS - student/youth tickets are just \$5 (regular student/youth price is \$21); checks payable to "LSO," also Visa & MC.

- **April 15**, 2pm, "Madcap, Music & Mayhem," O'Donnell Auditorium, \$10 (usual price for ANY age)
- **May 12**, 7:30pm, "Mahler's Resurrection Symphony," Lied Center, \$20

Lincoln Friends of Chamber Music

Limited seating - we will check for availability; tickets are usually \$30, reduced price tickets for older adults will be \$20; BRING THE GRANDKIDS - student/youth tickets are just \$5; checks payable to "LFCM," all performances are in the Sheldon Memorial Art Gallery Auditorium at 12th & "R," pre-concert lecture is at 7:30pm, concert is at 8pm.

- **April 27**, 8pm, Trio con Brio Copenhagen, Sheldon, \$20

Lincoln Continentals

Male barbershop music, checks payable to "Lincoln Continentals."

- **April 28**, 2:30pm, Spring Concert, celebrate the Continentals' 60th Anniversary, special guests are "3 Men & a Melody," Kimball Recital Hall, \$13 (with a group of 10, tickets will be just \$11; we will advise you of this price when the quota is reached)

Continued on page 22

Continued from page 21

ONE DAY TOURS

Call ActivAge Programs & Events at 402-441-7158 for reservations or information.

April 25 - MONKEY BUSINESS AT HARMONY SCHOOL in Nebraska City

May 18 - TULIP FESTIVAL in Orange City, Iowa

June 9 - Exclusive: VINYL REVIVAL, RIVERBOAT CRUISE, & SAND IN THE CITY

CLOSINGS

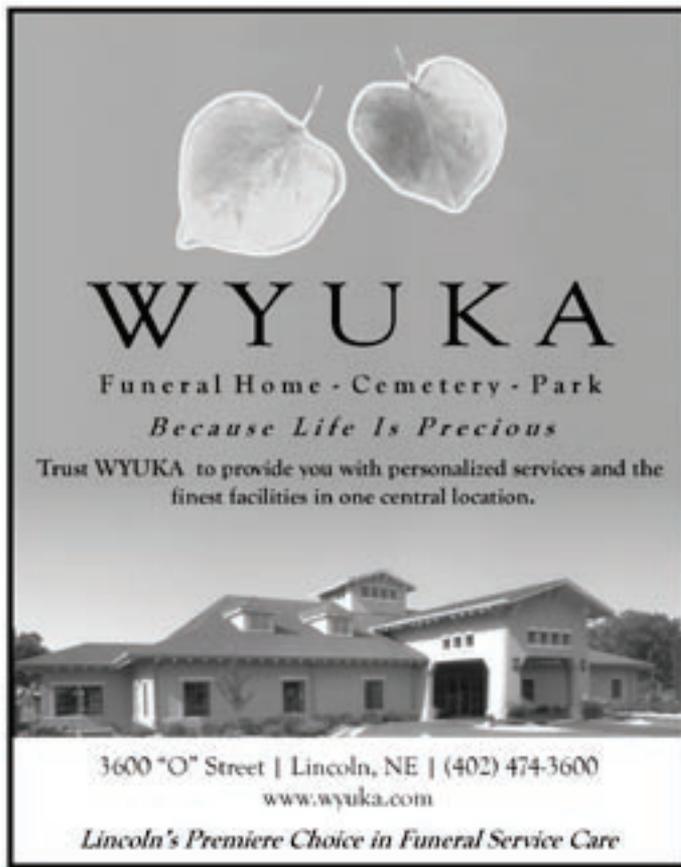
LAAA facilities, LAAA ActivAge programs such as Centers, classes, events, and LAAA transportation services will be observing these holidays:

- **Memorial Day** - May 26-28

- **Independence Day** - July 4

During times of severe weather, listen to KFOR Radio (1240AM) for storm closing information. ActivAge programs usually close if the Lincoln Public Schools have closed due to weather conditions. This includes LAAA facilities, Centers, classes, events, Travelogue, and transportation services.

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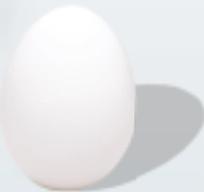
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Bill and Lois Bowmaster
dance the tango.

STEP RALLY

Long before the television show, *Dancing with the Stars*, made ballroom dancing popular, Bill and Lois Bowmaster of Lincoln had fallen in love with the activity.

“I just like to dance,” Lois said. “Being able to take advantage of music is magic for a lot of people. It’s a good outlet.”

Bill also appreciates the health benefits of dancing.

The couple began dancing when they met in college at Nebraska Wesleyan University in the 1950s and now aims to dance at least once a week. Through nearly 52 years of marriage, they honed their dancing skills when they could through classes instructed at Southeast Community College by Don and Polly Andersen and at Doeden Swing & Country Dancing.

Through the years they’ve learned enough dances so they have little excuse to sit out dances when they go out.

The Bowmasters regularly dance at DelRay Ballroom, Doedens’ monthly dances at Auld Recreation Center in Antelope Park and Pla-Mor Ballroom. Lois also is a member of the Doedens’ performing group, the Doeden Dancers.

In addition to dancing, Bill and Lois find other outlets to stay active. Lois volunteers once a week to help with recreational music activities at Madonna Rehabilitation Hospital.

Bill, who retired in 1997 from the University of Nebraska, plays golf on a fairly consistent basis and is a board member of the Lux Center for the Arts.

They both also participate in their church music groups.

Lois appreciates the fact she has not been hampered by any severe arthritis pains and looks forward to dancing for years to come.

“I just think it’s fun,” she said.

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Joseph Addison, an 18th century philosopher once said: "The grand essentials in this life are something to do, something to love and something to hope for."

Hope is personal. It is not the acceptance of what is lost, but the evaluation of what is possible. When widowed people feel like they cannot survive their grief, hope comes from being given permission to mourn and heal.

To lose a spouse is one of the most life altering changes a person will ever face. In a moment, you change from being a wife to a widow, a husband to a widower. It turns your world upside down. While death is a fact of life, the emotions you feel can seem unimaginable in their intensity. But others that have been there before can help you through this seemingly impossible journey. The LAAA Widowed Persons Service volunteers offer help by listening and by sharing.

In March 1982, a community meeting was held to determine the need for a support system for newly widowed people. The decision was made to move forward and Widowed Persons Service was started and placed under the umbrella of the Lincoln Area Agency on Aging. It was sponsored by LAAA's Retired & Senior Volunteer Program, and Lincoln Information for the Elderly, along with the Community Mental Health Center, the Cooperative Health Organization and the AARP Senior Employment Program. Today it is sponsored by LAAA Volunteer Programs.

In September 1982, the first 37 volunteers were trained. Of those original trainees, two volunteers, Eileen Ganser and Gladys Johnson are still with the organization. These volunteers, who have been widowed 18 months or longer, take a valuable training so that they can reach out to newly widowed individuals in our community. A widowed volunteer collects the names of surviving spouses from local obituaries, attaches them to a card and brings them to a monthly meeting. There are currently 30 volunteers of various ages who attend this meeting and take the cards, send an outreach letter and follow that with a phone call.

Along with outreach, WPS offers many social groups. They sponsor a weekly Sunday Friendship group for widows and widowers, a widow's breakfast, a widow's luncheon, and a widower's breakfast. Just Pals, an evening social group and Charlie Brown's Kids for children who have lost a parent through death began under the WPS umbrella.

WPS volunteers are living proof that not only can you survive the death of your spouse, but you can grow from that experience and reach out to others. They have been transformed to be more empathetic people. By being a survivor, their entire world changed. Now they lead the newly widowed by giving them permission to grieve and by letting them know that there are support systems in place when they're ready. They share the gift of themselves and the gift of hope.

For more information about LAAA's WPS or to request a phone call from a volunteer, call 441-7026 and ask for Laurie.

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It is time to file your Homestead Tax Exemption claim for the upcoming year. You have until July 2, 2007, to file for your Homestead Tax Exemption.

Every year the LIFE Office of the Lincoln Area Agency on Aging receives numerous calls about the Homestead Tax Exemption process. Some of the most common questions we receive are:

- What is a Homestead Tax Exemption?
- How do I know if I qualify for Homestead Tax Exemption?
- How do I file for a Homestead Tax Exemption?
- Do I need to file every year for a Homestead Tax Exemption?

This is how the LIFE Office can help. We will have free "Homestead Tax Exemption Clinics" every Thursday from the beginning of April to the end of June. We will have trained volunteers to help individuals fill out their Homestead Tax Exemption forms or just answer questions about the Homestead Tax Exemption.

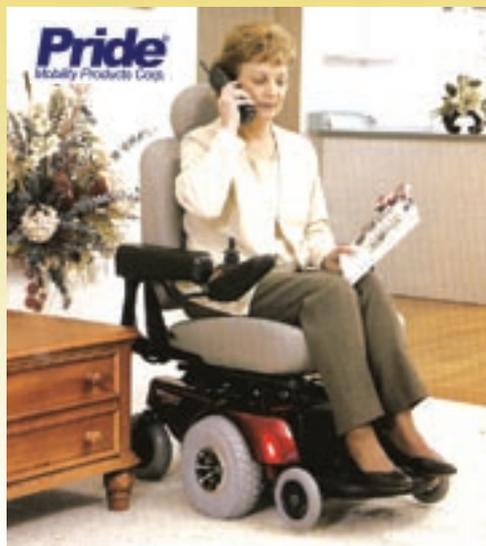
Call 441-7070 or (800) 247-0938 to set an appointment to receive the free help with your Homestead Tax Exemption.

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See an advertisement in the newsletter and you want to learn more about the company?

A person can go to the Lincoln Area Agency on Aging Web site link for the Living Well magazine at www.lincoln.ne.gov/city/mayor/aging/living_well.htm

When you see an ad in the magazine and there is a Web site listed in the ad, you can click on the ad. That will link you directly to the advertiser's Web site.



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MAJESTIC MOTOR

Ron Kurtzer was enjoying life.

Kurtzer attained award-winning status for his photography. As a Nebraska representative to the Sierra Club, he was traveling to San Francisco, Washington, D.C., and other places around the world. He worked 35 years for the State of Nebraska handling audio-visual equipment as well as taping and recording for the media department.

Then, in 1997, Kurtzer suffered a severe stroke at his home.

"I almost died and for a long time I couldn't do anything," he said. "You never know what can happen."

The stroke left the right side of the right-hander paralyzed.

Seven years later, Kurtzer's dedication to maintaining and improving his motor skills and strength is remarkable. He took driving lessons and learned to drive a specially adapted vehicle and to write with his left hand.

Kurtzer serves as an inspiration to others, said Peggy Apthorpe, Lincoln Area Agency on Aging Lifetime Health Supervisor.

Kurtzer, 63, is a regular at the Downtown ActivAge Center's Forever



Above: Ron Kurtzer uses exercise equipment at the Downtown ActivAge Center's Forever Strong Health Club. **Right:** Kurtzer shows papers he uses to tell people information about himself when he has trouble saying the words after his severe stroke.

Strong Health Club. Apthorpe says Kurtzer comes in almost daily for a workout.

The Health Club is located in the lower level of the Downtown ActivAge Center and is free for people 60 or older. Certified trainers are available on Tuesdays and Thursdays. Call Lifetime Health at 441-7575 for more information.

Kurtzer said he appreciates having the

health center available.

"I have to stay active," Kurtzer said. "If I don't use what I have, I can lose it."

He continues to go through physical and speech therapy and hopes to travel on longer trips again someday. Kurtzer takes photographs again too.

"I'm doing better and better," he said.

Nothing like a mental challenge



Evelyn Anderson completes crossword puzzles on a regular basis for fun and a way to keep her mind sharp.

Do you Sudoku?

Many people turn to puzzles such as Sudoku, a game with numbers in a grid that requires the use of logic to solve, for fun and to keep their mind sharp.

Evelyn Anderson said completing crossword puzzles from the newspapers can prove beneficial.

"You have to have a good vocabulary to solve them," Anderson said.

While recent medical research has shown that doing things to challenge your brain can allow a person to build and strengthen brain cell connections, these activities do not serve as a guarantee to prevent a disease such as Alzheimer's, according to Teresa Stichter Fritz, Alzheimer's Association of the Great Plains program director.

"We do encourage people, however, to challenge themselves mentally by learning new things," she said, noting it also is important to have a heart healthy diet, exercise and remain socially engaged. "Those who do stay active tend to have a better quality of life."



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When Opal Witulski has a home repair need, she knows where to turn.

With one call to the LAAA Home Handyman Program, Witulski can be assured her repair needs will be met by a reliable handyman.

“That means a lot,” Witulski said of the assurance of a reliable handyman being sent to handle a job. “This is a wonderful service.”

Handymen in this program specialize in small jobs that are difficult to find contractors to complete. Projects such as cleaning gutters, yard work, electrical, carpentry, painting or plumbing. They do not perform large jobs such as remodeling or roofing.

More than 600 people throughout Lancaster County currently use the service that has been provided for nearly 30 years.

Witulski has utilized this program, which is available for homeowners who are 60 or older, for the past 10 years. She often requests LeRoy Rogers, a plumbing specialist, who also can handle some electrical jobs. Rogers has been a handyman for the program since 2003.

A homeowner pays an hourly rate based on a sliding scale, depending on their income.

“My desire is to help people maintain their homes,” Rogers said. “I enjoy helping people.”



Opal Witulski, left, explains a problem she is having with her bathroom faucet to LeRoy Rogers. Rogers serves as a handyman in the LAAA Home Handyman Program.

Wayne McClaran, Home Handyman Program Coordinator, said the goal remains to provide service to help people at a reasonable price. He stands proud of the program’s purpose of helping older adults maintain their home and remain living there as long as they can.

“We do things that they probably used to do and just can’t anymore,” McClaran said.

For more information about the program or to inquire about becoming a handyman for the program, call 441-7030.

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Donna Gerdes, foreground, serves as the president of the Stromsburg Center.

Geraldine Rystrom and her husband, Donald, come to the Stromsburg Senior Center in Polk County every weekday for lunch. They serve as two of the center's many regulars.

After lunch, the couple stays for fellowship. Geraldine enjoys the jigsaw puzzles.

"They make such a beautiful picture when you put them together," Geraldine said. "It's an accomplishment. I can't just sit at home and do nothing."

Ensuring that the older adults of Polk County always have something to do is what Betty Corbit, Polk County Senior Services Program Coordinator, and Judy Beatty, in-home services and outreach coordinator, strive to accomplish. The Stromsburg Senior Center itself features a pool table, shuffle board, a large, fully equipped kitchen, a spacious dining room, games, puzzles and cards. The center also offers coffee and snacks throughout the day, as well as a daily lunch.

Other centers operated as a part of the Polk County Senior Services Program are at Osceola, Polk and Shelby.

Corbit and Beatty plan activities each week. An exercise

group meets every Tuesday, Thursday and Friday at Stromsburg. Beatty formed a rhythm band in which Corbit plays the piano and Beatty directs. The older adults accompany Corbit with various instruments such as cymbals, kazoos, drums, bells and maracas. The band performs at rest homes and other senior centers.

Other activities at Stromsburg include: Tuesday and Thursday dominoes, Chicken Foot on Wednesday afternoons, and bingo on Friday.

"They usually play until the prizes are gone," Beatty said. "Then, they'll rush back and play cards or eat."

Monthly activities include an all-county pitch tournament, a county wide pool tournament, a pot luck, community coffee and a potato bake. The community coffee and potato bake are activities in which the center encourages the community, not just the older adults to participate. At the end of every month, the center hosts a birthday party to celebrate all the birthdays and anniversaries for that month.

Several outreach programs are coordinated and the different communities in the county work together to make programs

BUSY BEES



Left: Vern Behr, left, Busy Wheels volunteer driver, helps Berniece Anderson into the car. Anderson is one of the daily riders. **Right:** Verlin Johnson shoots pool, while Bruce Rystrom, left, and Everett Loreman watch.

successful in each location, said Denise Boyd, LAAA division administrator. They coordinate fundraisers to support each communities programs and people in towns throughout he county work together, she said.

“The older adults in these communities have worked hard to support their programs,” Boyd said. “The Polk County Senior Services Program has changed and evolved.”

From Meals on Wheels to Busy Wheels at Stromsburg and Osceola, Corbit and Beatty constantly seek to assist the older adults of Polk County. Meals on Wheels is a program that delivers meals to older adults unable to leave their homes.

Busy Wheels will give older adults rides for only 50 cents one way. Busy Wheels has their own board and maintains their own car, but the Senior Center handles the dispatch.

Volunteers at Polk and Shelby also help meet transportation needs.

The Stromsburg Senior Center works in correlation with two senior companions. Older adults in need of assistance can call the center to get an appointment with a senior companion. This companion can take the client to appointments.

“It’s a helpful program too,” Beatty said. “It gives them the opportunity to have transportation ‘to and fro’ doctors appointments, to get their hair done, to get groceries and things like that.”



The center also set up a “Telecare Program” with the Cross County Community Elementary fourth grade class. Between the center and the school, the children are assigned an older adult who lives alone and every morning, beginning at around 8:30 a.m., the children will call their assigned adult. If the older adult does not answer the call, then the school notifies the center where Beatty and Corbit will investigate further.

Cross County Community High School’s Honor Society students come to the center three times a week to serve and clean up after lunch.

Elanor Hatfield volunteers at the Stromsburg Senior Center to keep a Christmas tree decorated for the different seasons of the year. It is just one of the small things the Stromsburg Senior Center does that makes it unique, Beatty said.

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Left: Evelyn Coufal stands by her "Hall of Fame" in her home. The walls are adorned with pictures of family members who have served in the military. Right: Coufal, left, looks at the pictures in her "Hall of Fame" with Dianne Jones, who took the pictures.

More than a thousand words

They're all there ... brothers, aunts, uncles, friends, neighbors, grandchildren, great-grandchildren, grand sons-in-law. Army, Navy, Air Force, Marines, National Guard.

The finger Evelyn Coufal uses to point at a beloved picture of a brother in the Navy is now bent with arthritis. She is 87 and sharp as a tack, small framed yet sturdy, soft spoken but powerful in her convictions.

Pride is the word she would use to describe how she feels each time she looks over her picture-adorned walls. Evelyn calls it her 'Hall of Fame'. There is the picture of Aaron, a brother who has now passed on, serving in the Navy during WWII. Aunt Jessie a Lieutenant in the Army stationed in Germany, John the neighbor who served in the Army when he was stationed at Ascension Island during WWII. She proudly displays the framed story of Ben Kuroki who fought against Japan, his own country, because he loved America so and the picture of the man who was honored years after his tour of duty for heroic acts in support of his country. Bob Kerrey is there in his uniform. She knew his mother and has read his book.

Evelyn's face shows a mixture of relief and sadness when her gaze rests on images of great-grandsons, John and Cody,



Evelyn Coufal and her granddaughter, Tracie Foreman, foreground, look at pictures in the Hall of Fame.

who served in Desert Storm and Iraq. Both thankfully, have returned safely. Next her grandson Earl, Cody's dad, who returned in July from 18 months in Afghanistan. Then there's Steve, a much loved grandson who is in Iraq now and Jimmy, his son, just through basic training in the Marines, stationed in Japan.

A small American flag seems to have it's own special place on the wall. She touches it ever so gently and reminds us that this is what it is all about. So many, in her family alone, have been willing to risk their lives to protect our right to freedom, and yes, even our right to protest if we want to.

Evelyn was born in Broken Bow, NE., in 1919. Of eight children, she is one of only four still living. Life has not always

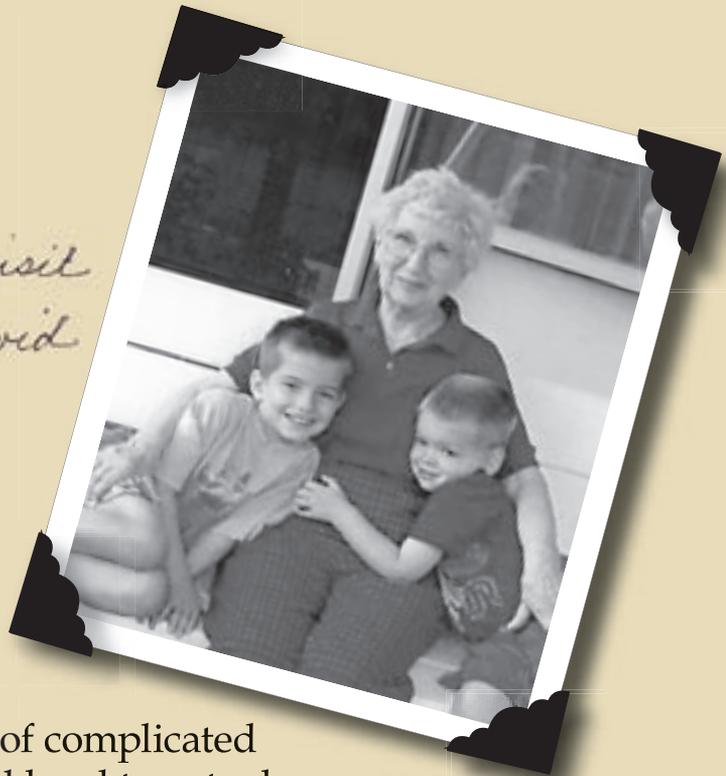
been easy. Losses and difficult changes have taught her the lessons of life well ... Cherish the family you have, stay strong through prayer, rest, healthy eating and exercise and **NEVER** take anything for granted. She has raised two children of her own, has eight grandchildren, 19 great-grandchildren and four great-great-grandchildren. Rarely does a day pass that she does not tell someone how truly blessed she is to have the family she has.

Grandma Evelyn has always loved projects that challenge her. This one began with a few pictures of family members in the military and grew into a labor of love. Her hallway walls are lined with images of proud men and women who were willing to risk their lives to protect ours. She asked for pictures and they came. Many told her that going through their pictures had brought back a multitude of happy and sad memories. She understands. Her walls are a collage of memories past, present and future. Each morning she rises from her safe, comfortable bed in her quiet neighborhood and proudly greets them with a thank-you for their selfless gifts to her..to all of us.

Story by Granddaughter Tracie Foreman, Pictures by Grandson and Granddaughter Joe and Dianne Jones

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